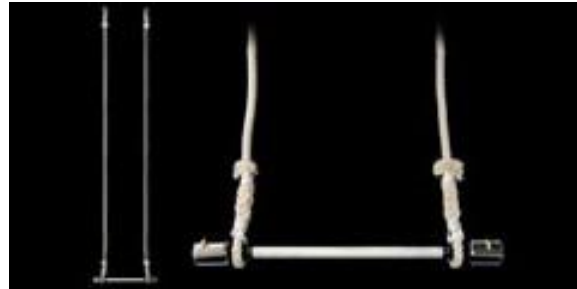


Trapeze in the Circus Warehouse!

Ever thought of trying out trapeze classes? Well now you definitely can at the Circus Warehouse located in Long Island City Queens. Founded in September of 2010, Circus Warehouse not only works on producing the next generation of circus performers, but also focuses on training non- pro circus enthusiasts.

Static Trapeze

Static Trapeze is a type of circus art performed on the trapeze bar. Unlike flying trapeze, on static trapeze the bars and ropes mainly stay in place. Most often, the static trapeze is about 1.5 feet wide and the bar is generally 2 inches in diameter.



While taking a static trapeze class, you will learn to use the bar and ropes to pose, invert, balance and drop into thrilling positions. But before you get into the exciting part, there is a 30 minute workout session in order to get loosen up and get the blood flowing.



After growing comfortable with solo work, you can also learn to work in pairs and teams to build shapes in the air, turning them inside out and upside down in poses that highlight both strength and flexibility.



Class Prices

If you are dropping in to take a single class, it will cost \$65. However, you can purchase class cards depending on how many classes you are looking to take, and that also includes unlimited workout time during regular Warehouse hours until the card expires.

All the equipment necessary is provided by the warehouse, so all you need to bring is a bottle of water, perhaps a towel and of course, yourself!

Circus Warehouse
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Long Island City, NY 11101
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